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## **Editor's Note**

Believe it or not, fall will soon be here. After all, this is the September edition of the Missouri Chronicle. October can't be far behind.

Again, I would like to thank all of you who have participated by sending me topic suggestions, articles, or reports. But I need more participation! You as the audience need to tell me what you want included in your publication. Since I am sighted, I don't always know or understand the needs and desires of the blind community.

This will be an abbreviated publication. Since we were a month later in getting the summer edition to you, there is not enough legitimate content for a full publication. Please bear with us as we get back on schedule with this edition.

Have a great fall and a great convention upcoming in October. I hope to see most of you there in Independence!

Bob Collier, Editor

## **President's Message**

Greetings MCB family and friends,

This will probably be the last time I submit a president's message for the Missouri Chronicle since I've decided not to run again for this distinguished position.

I would like to say how much I've appreciated working with our MCB Board of Directors and have found each one of them to be very supportive of me as president and will definitely miss working with all of them because each one has also been a great encourager to me at times when I needed it the most.

My term as president will end on October 31, 2024, and I would like to offer my services to the next person who steps in as president, should that person request those services. It won't be an easy task for the next president, and it will take up more time than what many in the organization may realize. So, whoever gets to hold that esteemed title as MCB president, I trust you will get behind that person and give him or her the same love and respect that you have shown me this past year-and-a-half.

I would also like to ask that you as members of this fine organization continue to work harder together to find ways to help the organization grow and be strengthened by your suggestions and ideas that will help the organization move forward in the right direction.

I would also hope that for many of you this may be your time to step up and take on a leadership position that you have so long desired. There's room for everybody so why not let your voice be heard on where you would like to serve and give it your best shot.

I would also like to say something about all of the MCB committee chairs who have done a wonderful job in their respective positions. Sometimes I don't think we appreciate them enough and let them know how much we really value what they do in keeping this organization running smoothly. The next time you get the opportunity, why not thank them for their hard work and tell them how much you've come to love all of the time and attention they have put into what they do.

In closing, I would like to thank our MCB office staff for also being patient with me during those times when we've had to make some really tough decisions. It's not always

easy to have to make decisions when you know those decisions may be questioned or second guessed, but the current office staff have worked hard to adapt to those decisions for the good of the organization. For that, I commend our office staff on a job well done.

I would like to leave you all with this final thought. I've been a member of this organization since 1990 and have met so many wonderful people and most of those people have become close friends, and that includes all of those who have gone on before us. I love MCB and want nothing but the very best for all of its members and would love to see it flourish once again as it did when I first became a member. That's not an impossible dream but can become a reality if we put our shoulders together against that old grindstone and see what amazing things we can accomplish together.

So, here's wishing MCB and its members the very best in reaching for the stars and never accepting words of doubt like "it can't be done, that's too hard, I don't believe it, or we've already tried that." Shake off those words of doubt and fear and let's let the world know we are MCB and nothing is impossible or too hard because we're on our way up.

And to my beautiful wife, start up the RV darlin', it's finally traveling time!

With the greatest love and respect,

Chip Hailey

MCB President

## **Affiliate Reports**

### **Agape**

The Year of 2024 has been a busy year for AGAPE! We hosted our first Dr. Martin Luther King (MLK) Day Celebration via Zoom. We reflected on the events, speeches and the life of Dr. Martin Luther King. We also had several speakers give their perspectives on how the civil rights movement impacted their lives.

We held our annual Black History program at the Society for the Blind where we recognized and awarded trailblazers and founders of organizations in the St. Louis area for their contributions and excellence in leadership. The Elizabeth Brown Founder's Award was awarded to Dionne Ferguson, Executive Director and Founder of Good Journey Development Foundation, a community and

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youth leadership development organization that supports youth leaders across the St. Louis region to learn to lead and promote justice, equity, and change.

We also honored and recognized individuals for the Wilma Chestnut Trailblazer Award. Our first honoree was Geoffrey Barney, Superintendent of the Missouri School for the Blind (MSB). Mr. Barney has served as Superintendent, Area Director, Principal and in various other positions for the last 10 years. His dedication to creating safe and inclusive learning environments, supporting students with various needs, and working with a staff to ensure student success are among his numerous achievements that warrant such recognition. Our next honorees were trailblazers from Saint Paul Saturdays: Artis Keith Turner and Jay Rhodes. They are both honored for their leadership, community service, activism, and mentoring of youth. As their motto says, “It is better to build men than to mend boys!”

AGAPE continued the momentum with our annual chili and karaoke supper also held at the Society for the Blind. At this event, we enjoyed chili from some of the best restaurants in the St. Louis area such as Sweet Art Bakeshop and Café, Panera Bread Company, Mike Duffy’s Pub and Grill, and Crown Candy Kitchen. We enjoyed participating in Karaoke and great music. We partied with a purpose by raising funds for our Ida Mae

Sparkman Scholarship! Stay tuned as AGAPE keeps it moving!

Website: [Agapecouncil.org](http://Agapecouncil.org)

Email: [Agapecouncil@gmail.com](mailto:Agapecouncil@gmail.com)

By Treva Downing

### **St. Charles County Council of the Blind**

Hello, we have been very busy. In March, we went to the SASS, (sensory-impaired) trivia night fundraiser. As usual, we did terrible, but we did not come in last place! At our table we had candy, sandwiches and pizza, so that made up for any wrong answers; plus, we had a lot of fun.

In April, we all met at The Spaghetti Factory in Chesterfield for lunch. We had a great time! The food was great, and we had many fun interactions.

In June, we met at Sybergs restaurant by Mid Rivers Mall. There, we also had good food and a fun time. Afterwards, some of us went to the St. Charles stadium where a group was playing beep ball. Apparently, they were practicing for the world series of beep ball.

For our July 1st meeting, we met at Dana and her husband's house. They graciously let us have our meeting



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there. In celebration of Independence Day, we had a potluck picnic. Even though it was hot all day, by the evening the weather was wonderful... it was cloudy with a nice cool breeze.

By Margy Petrofsky

## **Committee Reports**

### **Member of the Month Committee**

Hello to everyone from the Member of the Month Committee! I am including the recipient letters for the months of May, June, and July 2024.

As you read these letters, you will see why we should be so proud of the MCB members that give of their time and effort to make their affiliates and MCB a great organization to belong to.

By the time the next issue of the MCB Chronicle is published, we will be well into choosing the recipients for the 2024-2025 fiscal year. We look forward to receiving many letters each month, so keep sending them in and this committee will keep honoring these well-deserved members. If you have any questions or need any help with your nomination letter, please contact one of the

committee members listed below. Thank you and enjoy the rest of your summer!

Nancy Hodson (417) 569-0802

Bob Jaco (314) 989-9196

Submitted by Wanda Matlock, (573) 379-3880,

[wmatlock561@gmail.com](mailto:wmatlock561@gmail.com)

## **May**

To the Member of the Month Committee:

I would be honored to nominate a member of St. Charles County Council of the Blind to be considered as the recipient of this award. Margy Petrofsky has been a member of St. Charles Council of the Blind for over 15 years and rarely misses a meeting. She has held office in many areas as well as being faithful to handle the 50/50 ticket sales at each meeting. Margy's son is not a member, but he is there when Margy tells him to provide transportation! Margy knows how to get things done. Thank you, Margy for believing in the mission of St. Charles County Council of the Blind.

Submitted by,

Beverly Kaskadden

## June

I would like to nominate Carrie Bennett for consideration for member of the month. Carrie is an active member of the Lake Stockton Area Council of the Blind. Carrie is a very faithful member of our council who looks for ways to improve our affiliate. Carrie is totally blind.

She recently started up a reading club in our affiliate that is gaining interest from our members. She is faithful to all special meetings, helped promote the introduction of NaviLens in a local restaurant, sang at our Christmas banquet, and always has a pleasant word to say to others.

We are blessed to have Carrie Bennett as a member of the Lake Stockton Area Council of the Blind.

Submitted by Roger Jewell

## July

Good afternoon,

I would like to nominate Kristen Myers for member of the month. Kristin has gone out of her way to help out with anything. She is the first person to jump up and volunteer to help. She will do anything for anyone and is such an asset to Northern Lights. She always greets everyone with

a smile and is such a positive person. We are lucky to have her. She has been a member of MCB for two years.

Thanks,  
Tammie Schnelle

## **Multi-Media Committee**

We have successfully moved from the Drupal platform over to the WordPress platform which allows the new team to be able to work on the website more easily without having to rely on the webmaster to do it. We noticed some outdated pages and just about have them all updated. One of the things that we are currently researching that we would like to add to the site is the ability for affiliates to easily and seamlessly add to a calendar of events page on various activities that they are doing. Easily and seamlessly are the operative words there. There are hundreds of plugins out there; it just takes time to find one that would be easy and seamless, not to mention accessible, for the end user.

Two other things we have been working on are creating a lot of the forms the office uses to help the staff out as well as trying to integrate a PayPal button for convention registration. Lastly, we've been working with the

Membership Committee and the office on the new membership database. These new workflows will help the office staff immensely.

We continue to add new members to the Groups.io Chat and List listservs. Instructions on how to join the lists are on the website or we can re-invite you from the initial invites that went out in January. Remember, if you don't confirm or accept the invite within two weeks of receiving it, it will expire.

By Debbie and Tobie Sanders

## **Sports and Recreation**

I hope that everyone got a chance to check out our pictures from the float trip! We had an enjoyable time. We are now looking for a new site for next year's float trip! Got any suggestions? I also hope that you can join us for the next one.

The National Beep Baseball Association World Series was held in St. Charles, July 22 thru July 27. It was held in Missouri for the first time. This was hosted by Mind's Eye and Lighthouse for the Blind. Both of them did a great job. Hats off to them! The tournament started off with 20

teams and by Saturday, the last two were battling for the trophy. I knew that the last four teams going for that trophy would be Indy Thunder, Indy Edge, Philly Fire, and our own Gateway Archers. But there are only two teams that can go for the gold; those two teams were Philly Fire and Gateway Archers. It was a hard-fought game but in the end Philly Fire won. The Archers were behind for a while but came back with a vengeance. The tournament will be here again next year. We wish the Archers well.

I hope that everyone gets to come to the Bingo event at the MCB building on August 17. The doors open at 11:30 and the meals will be served shortly thereafter. After that, let the games begin! We will have turkey burgers (with or without cheese), chips, water, or soda for sale. The combo consisting of burger, chips, and drink is \$7.50. Please try to have correct change. We will have a burger alone for \$6, soda is \$1.50, water is \$1, and chips are 75 cents. We will have plenty of prizes!

Our camping trip at Strong Tower Ranch is September 12 thru 15. You can arrive on Thursday around noon. You can claim your spot and then have a cold lunch. This is our getting-to-know-you time. This is also our chill time, games but no activities. Friday starts off about 8 am for breakfast. The registration form is on the website. Please

register by September 1 so that we can do a head count for the food. We will have a conference call about a week before the camping date. The date is September 2 for the call; the number to call is 954-852-7132 and the time is 7pm.

On September 28, we will have a bowling event at Epiphany Bowling lanes. The address is 3164 Ivanhoe in South St. Louis. We will have rails for those who need them. We will have a meal of chicken tenders, ravioli, and Mozzarella cheese sticks. The cost for bowling and food is \$15. If you choose not to eat, the cost is \$10 for bowling. You will have to purchase your own drinks. We will stamp your hand if you pay for the meal. The time is 2:30-5:30 pm. Please RSVP by e-mail or phone 314-873-9022 by September 20 for head count and meals.

I will be checking into going skiing in December if the weather is right. The name of the place is Hidden Valley Ski Resort in Wild Wood, MO. I will let everyone know when I get all the information. They have staff there who are experienced in assisting the blind and disabled individuals. You will be safe.

Until next time...by the way, I would like to hear from some of our people in other cities. What do you want to happen in your area?

By Wilma Chestnut-House

### **Good Advice and Useful Information**

Roger Jewell, President of Lake Stockton Area Council and Public Relations Director

Here is a letter I wrote and sent to MCB leadership.

Dear executive officers, board members, affiliate presidents, representatives, and other members of MCB:

We quoted the Pledge of Allegiance at the opening of our board meeting last night (Thursday, July 25th). The original writer of that pledge, Captain George Thatcher Balch, and those who later revised it, recognized several great truths, one of which is unity. The words, “one nation, indivisible” have always been a part of the pledge. Those people knew that one of the great strengths of our nation is our unity, and if we cease to be unified, we will cease to be a great nation.

Many of you know that I am an ordained minister, and as such, I would like to mention the words of another very



wise man who lived a long time ago and spoke on this subject. He said, “And if a kingdom be divided against itself, that kingdom cannot stand. And if a house be divided against itself, that house cannot stand. (Mark 3:24-25). That man was, I believe, the Son of God, Jesus Christ.

I am very concerned by the very apparent division I am seeing within MCB. If we, as board members, presidents and representatives of our affiliates do not come together in a unified spirit of helping the blind in Missouri, our organization will fail in its mission. We must not attack and devour one another within our organization and must focus on ways to build one another up. “We are here to help you succeed” is our motto, and that includes every member of MCB, and every blind Missourian.

If someone has offended you, find a way to forgive them, and be kind to them regardless of the offense. Have patience with those who make mistakes. After all, we’ve all made mistakes in the past and will undoubtedly make more in the future. Let us focus on building people up rather than tearing them down.

The blind community is a small community, and word spreads fast among us. If you want to find things that are wrong with MCB, or leaders within MCB, you will. If you

want to find things that are right and good within MCB, you will find those things as well.

We cannot afford, nor can blind Missourians afford, for us to focus on the negative aspects of the MCB rather than on the positive aspects of our organization. Yes, we need to improve how we operate, so let's work together to make MCB better rather than drag it down further. It is my hope that we can keep going in the right direction...in unity, and work to help other blind people in our state to succeed.

## **The Impact of Volunteering**

In our fast-paced world, volunteering might seem like an extra task on an already full plate. Yet, its significance in shaping communities and organizations is profound. Serving others not only transforms our surroundings but also instills a sense of purpose.

The 80/20 rule, or Pareto Principle, suggests that 80% of results often come from 20% of efforts. In many organizations, this translates to a small group of dedicated individuals carrying most of the workload. While these committed members are vital, this imbalance can lead to challenges over time.

Relying heavily on a few volunteers can cause problems:

1. **Exhaustion:** Overworked volunteers may burn out, reducing their effectiveness and enthusiasm.
2. **Narrow Viewpoints:** A limited volunteer pool restricts the diversity of ideas and skills available.
3. **Over-dependence:** Organizations become vulnerable if key volunteers step away.

How can we address this? By volunteering ourselves! Serving isn't just about giving-- it's a two-way street that enriches our lives and strengthens our communities.

Benefits of volunteering include:

1. **Community Improvement:** Every act of service, from making phone calls to Braille tutoring, contributes to positive change.
2. **Self-Development:** Volunteering builds skills, empathy, and can reveal new interests.
3. **Building Connections:** It's an opportunity to meet like-minded people and expand social networks.

4. Balancing Responsibilities: More volunteers mean a more evenly distributed workload, shifting away from the 80/20 imbalance.

By embracing service, we can make a significant impact.

When more people contribute, the individual burden lessens, and the collective benefit grows. Let's step up and make a difference, one act of kindness at a time.

There will be opportunities at the convention to sign up to serve on MCB's various committees. Please consider signing up.

By Debbie Sanders

## **Understanding Designated vs. Regular Donations**

When it comes to supporting nonprofit organizations, donors often have options for how their contributions are used. Understanding the difference between designated giving and regular donations can help you make informed choices about your giving.

## **Regular Donations**

Regular donations, sometimes called unrestricted donations, are contributions that a nonprofit can use wherever the need is greatest. These funds provide flexibility, allowing the organization to allocate resources to various programs, cover operational costs, or respond to unexpected challenges. By making a regular donation, you are trusting the nonprofit to use your gift in the most effective way to further its mission.

## **Designated Giving**

Designated giving, also known as restricted donations, allows donors to specify how their contributions should be used. For example, a donor might designate funds for a particular project, program, or initiative, such as building a new community center, supporting a scholarship fund, or enhancing a specific outreach program. This type of giving ensures that your donation directly impacts the area or program you are passionate about.

In summary, designated funds directly support the specific purposes they are intended for, potentially covering specific committee projects or programs. General donations, on the other hand, offer the flexibility to support

the broader budget needs, ensuring the overall health and effectiveness of the nonprofit. Both types of contributions are vital to a non-profit's success to continue making a meaningful impact in the community.

By Debbie Sanders

## **Humor is the Best Medicine**

### **Finding Humor in the Unseen: 10 Unexpected Things That Annoy Blind People**

Living with blindness or vision impairment is not a laughing matter. It presents challenges, both large and small, for all who live with it on a daily basis. We at Industries for the Blind, Inc. understand this and strive to generate awareness about the realities of living with vision loss whenever possible. On the flip side of things, our team likes to have a little fun with it too, which is why we wanted to draw awareness to a different side of living with blindness – the things no one talks about – the annoyances!

Blind or sighted, we all have pet peeves so, when we came across an article titled, "Ten quirky things that (really) annoy people who are blind" written by Gayle Yarnall with Perkins School for the Blind, we couldn't pass up the opportunity to share some of them with you. In

seeing this article, we dug even further and found a list of things from one of our favorite visually impaired authors, Nicole Kear, who also shared some of her daily struggles with an air of humor she is best known for.

The lists are funny, quirky and, according to our staff, relatable. Here is a list of our favorites:

1. Tiny little stickers on every single piece of fruit. Who would've thought such a small thing could present such a big problem? Gayle jokingly explains her inability to locate them and wonders if her family will find "hundreds of them in her coffin 50 years after she is dead." Pretending not to notice her family constantly picking them off fruit being served at her house, she is certain she's eaten hundreds of them over her lifetime.
2. Pieces of paper taped outside the stall door of a public bathroom. What does this little note explain? Is there a County Fair going on this weekend or will the entire bathroom flood if the toilet is flushed? Gayle's solution? A law stating these notes can only be up in case of an actual emergency.
3. When someone comes up to you in a crowd and says, "Guess who this is?" As Gayle explains, blind people "don't have a special place in our memory where we file away a mental recording of everyone

we have ever met.” In order to prevent an embarrassing situation, simply stating a name will make the exchange run a whole lot more smoothly.

4. Mystery leftovers in the refrigerator. According to Gayle, sighted folks have it easy here. You come across a container that’s been crammed in your fridge for weeks, you can gently open the lid and peek in while holding your nose. If you are blind, you’ve got to get down and dirty with the sniff test. Not worth it. In the garbage it goes.
5. Car door handles. Can manufacturer’s please put them all in the same place to prevent the embarrassment of a full-on pat down for blind folks?
6. Looking at things people want to show you on their smartphones. Everyone loves a good YouTube video. A funny photo? Sure! Nicole explains that she would love to share in the excitement just, “don’t quiz her later” because – she can’t see!
7. Operating a remote control. Simple right? Not exactly. Now that your “standard TV can turn into a rocket ship and do brain surgery” the, roughly, hundred buttons each one holds make it a much larger task than it once was.
8. Ordering from a dinner menu. Nicole prefers to expand her palate by simply having “what she’s having” to save herself the grief of trying to navigate a menu.



9. Signing credit card receipts. Or any document for that matter. Good luck deciphering a blind person's John Hancock that certainly doesn't end up neatly on the dotted line.
10. Applying Eye Make-Up. Eye liner? Lip liner? It's always a gamble for people like Nicole who suffer from color blindness. She's thankful for her husband and friends who always let her know if she's got it all wrong.

We hope you found these as thought-provoking as we did. If you've got something to add, we'd love to hear from you in the comments below. Also, if you're interested in hearing more about Nicole Kear, take a listen to our recent interview with her on Blind Living Radio.

<https://ibvi.org/blog/finding-humor-in-the-unseen-10-unexpected-things-that-annoy-blind-people/>

**Funny, but ridiculous, things people say that tell me we need to be more aware of visual impairment....and no, I'm really not kidding...**

When you have a disability, like being blind, you get used to the routine of explaining to people that you're visually impaired and what that means, etc. – now whilst many people attempt to be quite sensitive and careful in asking questions about my disability, you get used to being asked things that obviously haven't been thought through...at all.

Stranger: “When are you going to get one of those dogs that read?”

Me: “I don’t know, as soon as we’ve trained dogs to read?”

I’m afraid (at least as far as I am aware) we have unfortunately not trained dogs to read...yet. The type of assistance dog these people are referring to are Guide dogs and the clue really is in the name...they guide! People do often make the assumption that all blind people have guide dogs when actually the majority don’t. Maybe a better way to phrase this would be “Do you have a guide dog?”

Stranger: “So do you know sign language then?”

Me: “Well, no...I’m not deaf so it wouldn’t really help me”

You’d be amazed at how often this comes up – it takes one second’s thought to realize that sign language is for people with hearing loss - for people with sight loss this would literally be one of the worst ways to communicate.

Stranger: “Could you hear it if I threw something at you? Would you be able to catch it or jump out of the way?”

Me: “Nope, it would just hit me in the face”

As much as I wish I was Daredevil, I’m afraid I’m not (although writing this has just given me a great idea for

this year's Halloween costume!). Whilst some of our senses might be a little better trained, most of us haven't yet got to the point where we could take on an army of ninjas (I'm probably about a week off of that).

Stranger: "Oh, I completely understand, when I don't have my contact lenses in, I am so blind"

Me: "Hmmm..."

I'm sure it is genuinely difficult for people who need glasses and contact lenses to do and see things when they don't have them on, but the point I'm making here though is very different than when people say "Gosh, I struggle enough without my contact lenses in, I can only imagine how difficult it must be".

You'd be surprised at just how frequently these exact questions and comments come up, and it really does make me think that we need to work at making our society more aware of visual impairment.

By Georgie Bullen, a GB Paralympian and the Director of Team Insight--a team building and visual impairment awareness training events organization

## **In the Kitchen**

### **Vision Loss and Kitchen Safety**

Suggestions include:

- Use kitchen cutters rather than knives to open packets.
- Twist open stubborn jar lids wearing rubber gloves, or use a handheld jar opener, rather than trying to loosen the lid under hot running water.
- Wash knives with a long-handled brush.
- Use aids to cut foods, such as cheese slicers, egg slicers and tomato slicers.
- Put saucepans on the stove before turning on the burners.
- Make it a habit to turn saucepan handles away from you, to prevent accidental knocks.
- Use fire retardant oven mitts and keep a fire prevention blanket in the kitchen.

### **Tea, coffee and other hot drinks**

Suggestions include:

- Don't use fingers to feel for the level of boiling water inside a cup. The right amount of boiling water in a cup can be indicated by an electronic device called a 'liquid-level indicator' that beeps when the water level reaches the prongs.

- Fill the teapot with cold water, then pour this pre-measured amount into the kettle to boil.
- Heat a cup of cold water in the microwave and add coffee or tea afterwards.
- For contrast, use dark-colored cups for light liquids and light-colored cups for dark liquids.
- Put a funnel inside the cup when pouring water to better direct the flow.

<https://docs.google.com/document/d/1gOfvuX4cOBI7VMZ8Njlz7EaXqfmbtOL3rOFZNASq2FM/edit?pli=1>

## **Recipe Shared by Wilma Chestnut-House**

Chicken Salad with Avocado Dressing

Ingredients:

8 chicken legs

4 chopped green onions

½ stalk of celery (thinly sliced)

1 ripe avocado (peeled and mashed)

¼ cup Dill pickle relish

1 tbsp. Dijon mustard

½ tsp. salt

1 bottle Avocado Ranch dressing

4 boiled eggs (optional)

Directions:

Boil chicken on high until done, about 30 minutes. Put colander in the sink; then pour in water and chicken so that the water goes down the drain. Let chicken cool so that you can discard skin and remove meat from bone. Chop meat and place in a bowl. Before adding other ingredients, use one paper towel and place in colander; then put  $\frac{1}{4}$  cup pickle relish on paper towel. Let paper towel soak up juice from pickle relish. Add sliced onions, sliced celery, mustard, pickle relish, mashed avocado, and start with 1 cup dressing. Mix well, adding a little more of each ingredient until your taste buds tell you, “This is it”! Serve with crackers or just make a sandwich with bread.

## **Recipe Shared by the Editor**

### Fudgy Chocolate Brownie Pie

#### Ingredients:

- 1/2 cup unsalted butter
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup semi-sweet chocolate chips

1/2 cup chopped walnuts or pecans (optional)

### Instructions

**Preheat Oven:** Preheat your oven to 350°F (175°C).

**Grease a 9-inch pie dish or pan.**

**Melt Butter:** In a microwave-safe bowl, melt the butter. Stir in the granulated sugar until well combined.

**Mix Wet Ingredients:** Beat in the eggs and vanilla extract until smooth.

**Combine Dry Ingredients:** Mix in the cocoa powder, flour, salt, and baking powder until just combined.

**Add Mix-Ins:** Fold in the chocolate chips and chopped nuts (if using).

**Prepare for Baking:** Pour the batter into the prepared pie dish and spread it evenly.

**Bake:** Bake for 25-30 minutes or until a toothpick inserted in the center comes out with moist crumbs.

**Cool and Serve:** Allow the pie to cool slightly before slicing and serving.

### Nutrition and Serving Info

**Prep Time:** 10 minutes

**Cook Time:** 25-30 minutes

**Total Time:** 35-40 minutes

**Servings:** 8

Enjoy your Fudgy Chocolate Brownie Pie! 🍪

## **What's Cooking?**

4th Wednesday of Every Month, 4pm Central Time

Love to cook? Join your fellow Hadley home cooks as we explore cooking tips, tricks, and fun things to try. Share your favorite recipes, gadgets, and helpful hacks for cooking with a visual impairment.

<https://hadleyhelps.org/discussion-groups/whats-cooking>

## **Want to be Crafty??**

Let's explore some craft ideas that are well-suited for visually-impaired individuals:

### **Clay and Sculpting Activities**

Working with clay and other sculpting materials is a fantastic way to engage tactile and spatial senses. Creating three-dimensional objects allows individuals to explore shapes, textures, and forms through touch. Sculpting activities can range from simple modelling with clay to more complex projects like pottery and sculpting with wire or paper-mâché.

### **Textile and Fabric Crafts**

Textile and fabric crafts provide an excellent opportunity for sensory exploration. Activities such as weaving, knitting, and sewing can be adapted to suit various skill



levels and preferences. Visually-impaired individuals can create unique tactile creations like woven mats, knitted scarves, or stuffed fabric toys using different fabrics, textures, and colors.

### **Jewelry Making**

Jewelry-making allows visually-impaired individuals to create wearable art using different materials and techniques. Beading, braiding, and wirework are popular jewelry-making techniques that can be adapted to suit individual preferences. Visually-impaired crafters can design beautiful and meaningful jewelry pieces by focusing on touch and sound.

### **Paper Crafts and Collages**

Paper crafts and collages offer a wide range of possibilities for creativity. Visually-impaired individuals can create visually appealing and tactile artworks using different textures, colors, and patterns. Activities like origami, paper cutting, and collage-making encourage spatial awareness, manual dexterity, and imagination.

### **Sensory Bottles and Tactile Exploration**

Sensory bottles are a popular craft activity that combines visual, tactile, and auditory elements. Visually-impaired individuals can explore different sounds, textures, and movements by filling clear bottles with various objects,

such as beads, sand, or water. Sensory bottles promote sensory stimulation and relaxation.

## **Painting and Drawing**

While painting and drawing traditionally rely on visual perception, they can still be adapted for visually impaired individuals. Using techniques like raised-line drawing using braille alphabet “c” or textured painting, individuals can create tactile and visually appealing artworks. Visually flawed artists can express themselves through art by exploring different brushes, paints, and textures.

<https://blindlearningzone.com/amazing-craft-activities-for-visually-impaired/>

## **History and Culture**

### The Deadliest Terrorist Attack in History: 10 Facts About 9/11

On 11 September 2001, America suffered the deadliest terrorist attack in history. 4 hijacked planes crashed on US soil, striking the World Trade Center in New York City and the Pentagon, killing 2,977 people and injuring thousands more. As the Detroit Free Press described 9/11 at the time, it was “America’s darkest day”.

In the years after 9/11, survivors, witnesses and responders to the attacks suffered severe health complications, both mental and physical. And its repercussions were felt across the globe for years to come, as airport security measures were tightened and America pursued the War on Terror.

Here are 10 facts about the September 11 attacks:

- It was the first time in history that all US flights were grounded.
- President George W. Bush was reading with schoolchildren during the attacks.
- 4 planes were hijacked, but Flight 93 crashed before reaching its target.
- It was the longest uninterrupted news event in American history.
- 16 people survived in a stairwell during the collapse of the North Tower.
- The evacuation of Manhattan was the largest maritime rescue in history.
- The flames at Ground Zero burned for 99 days.
- Steel from the World Trade Center was turned into memorials.
- Only 60% of victims have been identified.

- The attacks and their repercussions may have cost \$3.3 trillion.

<https://www.historyhit.com/facts-about-9-11/>

## **Meaningful Quotes**

- “Work for a cause, not for applause. Live life to express, not to impress.”
- “Challenges are what make life interesting. Overcoming them is what makes life meaningful.” – Joshua Marine
- “The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.” —Helen Keller
- “Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.” —Mark Twain
- “Don’t cry because it’s over, smile because it happened.” —Dr. Seuss

## **MCB Calendar**

### **Candidates’ Forum**

Friday, September 6, 2024, candidates’ forum for MCB President

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Friday, September 13, 2024, candidates' forum for MCB  
Vice-president

Friday, September 20, 2024, candidates' forum for MCB  
Secretary

All times will be 2:00 pm using the MCB Zoom platform for  
recording purposes so that we can make it available to  
those who can't make the 2:00 time.

Phone: 312 626 6799

Meeting ID: 250 907 8857

Passcode: 7172

Join Zoom Meeting

[https://us02web.zoom.us/j/2509078857?pwd=dWEwN0N1  
dnEwQ3pyUnlpUnJ1VFUyZz09](https://us02web.zoom.us/j/2509078857?pwd=dWEwN0N1dnEwQ3pyUnlpUnJ1VFUyZz09)

One tap mobile

+13126266799,2509078857# US (Chicago)

**MCB State Convention**  
**Hilton Garden Inn**  
**October 4-6 Independence, MO**

The 68th MCB State Convention registration is now open.  
The convention this year will be hosted by the Blind of  
Central Missouri.

The convention will be at the Hilton Garden Inn, 19677 E.  
Jackson Dr., Independence. To make your reservation,

call 816-350-3000 before September 2. Check-in time is 3pm. Board members and committee chairs will need to call the office with hotel preferences and registration. All other guests are responsible for making their own reservations. The MCB room rate is \$99.00 plus tax. Be sure to mention that you are with the Missouri Council of the Blind Convention. For those who prefer suites, please contact the hotel for availability, as MCB does not have suites in the convention package.

Convention registration forms are available online or for download here: [Registration Form](#). If more copies are needed, please contact the office at 314-832-7172. You can pay online via PayPal. Or, if you want to register online but don't want to submit payment info online, you can just mail your payment into the office.

Please remember that board members and committee chairs do not pay for registration and meals but will need to complete a registration form, so we know their meal choices. The registration form must be returned to the MCB office before September 3<sup>rd</sup> to be considered pre-registration. Please include the entire amount for registration and meals. You must have your meals selected and paid for no later than September 3<sup>rd</sup>. There will not be any meal tickets sold at the conventions, so if you plan to attend and expect a meal, please make your

meal selection, and make payment before September 3rd. There will be no exceptions.

There will be a White Cane Walk Saturday morning starting at 8:30 am. We hope you will join in. Rides will be provided for the trip back to the hotel.

The election will be on Saturday afternoon. The membership will vote for President, Vice President, and Secretary. The agenda is still in draft form and will be sent later.

There will be someone taking photos at the convention this year. Please check the box on the registration form to provide consent to use these photos on our website, Facebook, and other media outlets.

A list of area restaurants will be included in the registration packets.

Check out the exhibitors and marketplace. Be sure to take a chance on the various raffles that will take place and we hope you will take part in the auction on Saturday night.

Please join us for another successful MCB Convention. If you have any questions, please do not hesitate to call the office at 314-832-7172 or toll free at May 23, 2024.

## **Board Minutes**

### **May**

Call to Order - Chip Hailey, President

Prayer - Rob Albro, Southeast United Blind Board Rep

Pledge of Allegiance - Wanda Matlock, Director

Roll Call - Tracy Anderson MCB secretary

The following Board Members were present:

- President Chip Hailey
- Vice President Linda Gerken, Blind of Central Missouri
- Secretary Tracy Anderson, AGAPE Council
- Treasurer William Hawkins, Allied Workers
- Rob Albro, Southeast Missouri
- Craig Ancell, Delta Area
- Jeff Creech, Northern Lights
- Sabrina Fowler, River City Workers
- Public Relations Director Roger Jewell, Lake Stockton
- Director Beverly Kaskadden, St. Charles County Council
- Director Wanda Matlock
- Director Anna Schell, United Workers



Welcome of special guest and online listeners - Chip Hailey, President

Approval of agenda

A motion was made by Linda to approve the agenda with corrections--to add Juneteenth to New Business and to move the next meeting date and time up in the agenda before the closed session begins. Seconded. Passed.

Approval of April 20, 2024, MCB onsite board meeting minutes

A motion was made by Linda to approve the minutes with corrections--to remove the PR Director mentioned in Power Up Conference update. Seconded. Passed.

President's Remarks, Chip Hailey President

There were no remarks from the President.

Treasurer's Report - William Hawkins MCB treasurer

William stated the portfolio has had outstanding growth. In November, the account was \$3,275,201.03 and as of the close of business May 23, 2024, the investment account balance was \$3,429,751.63; if you include the bank accounts, the total was \$3,475,719.12, showing a net profit of \$160,819.22. This time last year, he said we were at a negative \$190,207.01; we ended our fiscal year at \$240,475. He said we would beat that number and it was a result of our investment policies working. He also stated

he had received his first income and expense report as well as bank statements he had requested in braille and realized the inaccuracies that need to be corrected. New reports to be sent in June will be restructured differently in alphabetical and numerical order.

Introduction: Terry Pacheco, ACB Liaison to MCB--Chip Hailey, president

Terry stated that this year, ACB state affiliates and special interest groups could request a liaison. In the past, a liaison would have been assigned by ACB and serves as a bridge to the ACB Board of Directors. She has been an active member of ACB since 1972 and lives in the Boston area. She believes choosing a rallying point would be a good way to increase membership and increase participation among the members. Those active members who show an interest in areas like advocacy or audio description that ACB is moving forward with could run for the national Board of Directors for ACB. There are five positions open this year. Those interested could contact the ACB nominating committee or run from the floor of the convention. There will be three openings on the Board of Publications also. It has been a while since anyone from Missouri has been on the Board of Directors. She encourages anyone with questions to contact her by email.

Approval of new MCB Fund Raising Committee Chair--  
Chip Hailey president

Carl Chappell was appointed by the President. A motion was made by Linda to approve Carl Chappell as the new Fundraising Committee Chair. Seconded. Passed.

Proposed MCB office building guideline additions--Treva Patton, MCB Policy Committee Chair

A recommendation was made by the Policy Committee to approve additions to the 2019 Building Use Guidelines. Seconded. Passed.

Proposed MCB Transportation budget--Robyn Wallen MCB Transportation Committee Chair and Debbie Platner Committee member

A recommendation was made by the Transportation Committee to approve a budget of \$2500 for annual memberships to two organizations in Missouri that address transportation issues, travel to train others to advocate, attend conferences, and offer funds for general supplies related to communication and transportation around the state. This item was referred to the Budget and Finance Committee for consideration in the next year's budget.

Request for additional funds--Terrica Sanders MCB Scholarship Committee Chair

A recommendation was made by the Scholarship Committee to approve a budget increase of \$4000 to cover scholarship grants that had been requested by two members. There was a question about the amount spent in the budget and how much the budgeted amount should be going forward. This item was referred to the Budget and Finance Committee to be reviewed prior to the next Board meeting.

### New Business

#### 2024 ACB Conference and Convention door prize

A motion was made by Beverly to give a \$100 Visa gift card. Seconded. Passed.

### Juneteenth

A motion was made by William to add Juneteenth to the recognized national holidays for the office. Seconded. Discussion: there was a discussion of which holidays are being recognized in the employee manual. Tracy recommended we continue the discussion in closed session. Seconded. Passed.

### Announcements

Date and time of next meeting: June 27 at 7 PM

Motion to begin closed session. Seconded. Passed.

Closed session began.

Closed session ended.

Motion to adjourn. Seconded. Passed

Adjourned

## **June**

Call to order--Chip Hailey, President

Prayer--Director Anna Schell

Pledge of Allegiance--Representative Sabrina Fowler

Roll Call--Tracy Anderson, MCB Secretary

The following Board Members were present:

- President Chip Hailey
- Vce President Linda Gerken, Blind of Central Missouri
- Secretary Tracy Anderson, AGAPE Council
- Treasurer William Hawkins, Allied Workers
- Craig Ancell, Delta Area
- Jeff Creech, Northern Lights
- Sabrina Fowler, River City Workers
- Public Relations Director Roger Jewell, Lake Stockton
- Director Beverly Kaskadden, St. Charles County Council
- Director Wanda Matlock
- Director Anna Schell, United Workers

Not present:

- Rob Albro, Southeast Missouri

Welcome of special guest and online listeners--Chip Hailey, president

Approval of agenda

A motion was made by Linda to approve the agenda with an exception--to remove Hunter Martiniere from the agenda, who was not present. Seconded. Passed.

Approval of May 23, 2024, MCB Board meeting minutes

A motion was made by Linda to approve the minutes as presented. Seconded. Passed.

President's Remarks--Chip Hailey, President

The President reminded everyone of the upcoming MCB candidates' forum, which will take place in September. Anyone interested in running for one of the open positions would be encouraged to speak at the forum. The forums will be held during the Friday MCB Board office hours meeting on the Friday after Labor Day. The three officer positions up for election are President, Vice President, and Secretary. He asked if everyone had all of the information they need to participate in the ACB Convention voting process. He stated we could cast an individual vote or vote through the MCB office, then choose standing or affiliate vote. Anyone who would have questions could

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contact Chip Hailey or Greg Hollins. Chip is a delegate and Greg is an alternate delegate. Naomi Soule is our representative on the Nominating Committee.

Hunter Martiniere--Raymond James and Associates--  
update on our investments

This item was removed from the agenda.

Treasurer's report - William Hawkins MCB treasurer

William advised an up-to-date income and individualized expense report had been sent out to Board members and committee chairs. He recommended that anyone with questions about the report or its formatting should contact John in the office. He stated it was another fantastic month financially for MCB. As of the close of business June 27, 2024, the investment account balance was \$3,442,733.07; that was an increase from the May 31st balance of \$3,411,892. A \$25,000 withdrawal was deducted June 10 to pay bills. There was \$12,415.74 in the US Bank account and \$1314 in the BMO Harris account. The BMO Harris account was left open for auditing purposes. The auditing was still going on but should be completed by next month.

The Budget and Finance Committee will begin working on the 2024-2025 budget. It should be completed by mid-July and would be in the new expense format. It will then be presented to the Board upon completion. He stated Hunter Martiniere will be invited to speak then. Also, there are two

new proposals, one for health insurance and the other for payroll check processing. Those proposals will be presented in the July Board meeting. Lastly, the insurance renewal is due. The Budget and Finance Committee have reviewed the new renewal policy. There were questions about Workman's Comp to get resolved. That will also be presented later.

Proposed MCB transportation budget--William Hawkins  
MCB Budget and Finance Committee Chair

The Budget and Finance Committee reviewed a proposal from the Transportation Committee to establish a budget line. They requested a budget to cover expenses for membership fees to state organizations that focus on transportation in various parts of the state as well as travel, training, conferences and supplies. It was the recommendation of the Budget and Finance Committee to approve a \$5000 budget line in next year's budget.

Request for additional scholarship funds--William Hawkins  
MCB Budget and Finance Committee Chair

The Budget and Finance Committee reviewed the scholarship applicant's information and determined the applicant was eligible for the \$2000 scholarship. The applicant, a current member, met the requirements and the paperwork was received by the deadline. There was one applicant previously that was not a member who was



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awarded \$1000. It was the recommendation of the Budget and Finance Committee to approve \$1000 for the applicant's scholarship. Seconded. Passed.

Proposal on MCB office building repairs--Robert Vaughn, MCB Building Committee Chair

Robert spoke on a bid received for \$4100 from Gold Leaf Design to repair various items in the office building. Their bid did not include the damaged awning. This company had repaired the awning previously. Robert stated he was also waiting to hear back on how the individual's insurance will handle the awning repair. William stated the budget for the building repairs was \$3500 and \$1400 had been spent. Robert recommended moving forward with the bid from Gold Leaf Design to repair the building and awning. Seconded. The discussion continued and a third bid was requested. Jeff recommended tabling the discussion until the next Board meeting or special meeting after having reviewed a third bid. Seconded. Passed.

Discussion on insurance and license for individuals using the MCB Office building--Chip Hailey president

MCB Building Committee Chair, Robert Vaughn, indicated that the building had been used for years by various groups without incident and that this issue had not been brought up before. Treasurer William Hawkins stated the insurance policy would cover liability on the property. A

motion was made by Sabrina to discontinue the discussion on licenses and insurance to use the building. Seconded. Passed.

Proposal on database programs--Debbie and Tobie Sanders MCB Multi Media Committee Co-Chairs

A recommendation was made by Debbie to use ChMeetings as the database management platform. ChMeetings is an online platform that offers membership management, report generation, email and text messages, payments and more. The annual cost is \$350 for up to 500 members. Seconded. Passed.

Discussion on the MCB Board of Directors sponsoring a proposed bylaw amendment to hold hybrid conventions--Chip Hailey

A motion was made by Anna that the MCB Board of Directors sponsor and draft a bylaws amendment to hold a hybrid convention for 2025 and beyond for consideration and vote by the members. Seconded. Passed.

Update on new MCB office equipment--Tracy Anderson MCB Office Personnel Committee Chair

Last month the Board of Directors approved the purchase of two additional computers for the office. Those computers were \$700 each. One had already been previously purchased for a new employee that began in April. The two recent purchases were for computers that

were almost 8 years old to be upgraded to make them compatible with newer software requirements and security. We paid an IT company to transfer the data from the older computers to the new computers, clean up the data files and network the computers. The initial invoice was \$1500. The IT professional found some problems and because the work required tracing the source of the wiring and configuration previously done by someone else, the process was not completed and he will be required to return.

New Business - There was no new business.

Announcements - There were no announcements.

Date and time of next MCB Board Teleconference--July 25, 2024 at 7 PM.

Motion to begin closed session. Seconded. Passed.

Closed session began.

Motion to end closed session. Seconded. Passed.

Closed session ended.

Motion to adjourn. Seconded. Passed.

## **MISSOURI COUNCIL OF THE BLIND**

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